



Satdureee Chipper: This "chipper" style workout demands your ability to pace yourself appropriately and also requires you to work through each movement with a strong mindset discomfort while developing the courage, mental and physical capacity to keep working through even when fatigue sets in. The intention of this workout is to literally chip away at the prescribed movements rep by rep throughout the entire workout. Focus on moving through quality movement patterns and positions at a consistent but maintainable pace. Start the workout at RPE 6-7 and consider adjusting your pace once you've completed the first few movements. If you're feeling good and moving well, try bumping up the pace to RPE 8. If not, stay at a challenging but consistent effort that will allow you to finish the workout efficiently. This is going to get sweaty and naaasssty so grab your favorite gym buddy and bring them along for the ride!

### *Focus, Movement Modifications, and Scaling Options*

*1-mile Run*: Focus on maintaining smooth and methodical strides when running. When you start to fatigue it's crucial to focus on maintaining efficient and smooth-running patterns. Focus on two things while running today. First Don't allow your arms to cross in front of your body, instead think about keeping your arms moving forward and back with each stride. Second focus on how your foot is hitting the ground. The toes should be lifted up towards the shin in a dorsiflexion position, so the foot is parallel to the ground. When your foot strikes the ground, you should be landing on the midfoot with the foot underneath the body, not in front.

- Modify to cardio machine of choice, rower and ski keep the same distance, air bike or bikeerg increase the distance to 600-800m.

*Row*: We want you to adopt a "Heels Down Mindset". A common fault we see in the row is the heels coming off the rower when the athlete is at the front of the rower getting ready to drive and extend their legs. Although this is not necessarily "unsafe" during the row, it's not doing you any good and reinforcing a sub-optimal movement pattern that may carry over into your squat, which is unsafe. Just like we do when we squat, driving through a flat, stable heel will generate more power and allow you to move more efficiently. Adopting this in the row will help you to begin the process of transferring that over to your other movements.

- No rower? Substitute for the same calories on a ski, treadmill, elliptical, air bike, or a run at the prescribed distances. If you don't have the space or equipment, modify to accumulate max effort high-knee single-unders, single-unders in four minutes, or choose from one of the following movements, burpees, groiners, broad jumps, air squats.

*Wall-ball Shots*: We want you to focus on keeping your chest up in the bottom of the squat during this movement. A common error we see is athletes allowing the weight of the ball to pull the torso toward, ensure you're maintain a rigid strong torso.

- We would rather you use a lighter medicine ball to a higher target, instead of a heavier medicine ball to a lower target, so consider scaling the weight of the Med



## Coaches Notes and Movement Modifications

Ball to 6,4, or 3kg. The squat of the wall-ball is our focus here, the height of the throw is secondary.

- If a 9ft target is too high for you to maintain a clean/controlled squat during the wall-ball shot, scale the target to either 8ft, 7ft, or desire height, the focus is your ability to stay accurate The squat of the wall-ball is our focus here, the height of the throw is secondary.
- If you're unable to perform a full squat during the wall-ball shot, scale the depth of squat to 3/4, above parallel, or a depth you are able to consistently achieve or modify movement to arms only wall ball shots.
- Don't have a medicine ball? Change the wall-ball shots to a dumbbell thruster.
- If you don't have access to a medicine ball, and/or you're unable to squat to parallel, change the wallball shots to a dumbbell push press, or American kettlebell swing.

*Slam Balls:* Focus on a powerful hip extension when driving the ball up over your head, ensure your hitting triple extension (ankles, knees, and hips fully extended and open) before slamming the ball as hard as you can. Aim to throw the ball so it lands between your feet and not out in front of you; try to catch the ball on the rebound

- Scale the weight of the deadball/medicine ball to something you can move for large consecutive sets.
- If you have a back or lower body injury that prevents you from moving fast in this movement, scale the intensity back and avoid catching the ball on the rebound.
- No deadball or medicine ball? Choose to modify this movement to an kettlebell swing to shoulder height or overhead, v-up, tuck-up, or butterfly sit-up.
- If you have a resistance band, modify movement to a banded trunk rotation or wood chopper.

*Air Bike:* First focus, seat setup. Adjust the seat so that when you're sitting on the bike with your arms on the handles and the ball of your foot on the pedal, the leg that is fully extended, aka the pushing leg, has a slight bend in the knee because your leg shouldn't be locked out at the bottom of the push. Second, foot placement on the pedal. Be aware that you're placing the ball of your foot on the pedal vs your entire foot, we see most athletes have their entire foot on the pedal so take the time and focus today to make sure you're setting yourself up properly today.

- No Air Bike? Substitute for rower, ski, cardio machine of choice.

*Alternating Crossbody Single Leg V-ups:* We want you to focus on flexing your trunk and hips to pull your torso and leg together, finishing the movement when your arm is extend and your opposite hand is touching your opposite foot, and repeating the same movement on your other side. Ensure your shoulders are coming up off the ground and that you're up on your lower back/ glutes when reaching for your foot.

- If this is too demanding or your experiencing tension and/or pain in your lower back, scale to an alternating single leg tuck-up, ab-mat sit-up, or a butterfly sit-up or a crunch.